



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Immediate Release

CANNED TUNA IS HOUSEWIVES' "STANDBY DURING LENT

Easy on the budget and easy to prepare are two qualities of canned tuna that appeal to the busy housewife. In addition, the Lenten supply is plentiful, according to the Fish and Wildlife Service.

Tuna, with its delicate flavor, is a "meaty" fish, devoid of bones. It is a reliable standby because it can be used in so many ways. Prepared as a main dish, it makes an excellent showing for dinner. As a quick and simple salad, it meets all luncheon requirements.

The following recipes have been developed and tested by home economists of the Fish and Wildlife Service:

TUNA AND CHEESE BISCUIT ROLL

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| 2 7-ounce cans tuna fish | 1/2 cup milk |
| 2 Tablespoons chopped onion | 3/4 cup grated cheese |
| 2 Tablespoons butter or other fat,
melted | 2 cups biscuit mix |
| 2 Tablespoons flour | |

Drain and flake tuna. Cook onion in fat until tender. Blend in flour, add milk and cook until thick and smooth, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna. Prepare biscuit mix according to directions. Roll dough into a rectangle about 12 inches long and 1/8 inch thick. Spread with tuna mixture. Roll like a jelly roll and seal ends and edge. Vent top of roll. Place on a well-greased baking sheet. Bake in a hot oven 400°F., for 15 to 20 minutes or until brown. Serve hot. Serves 6.

TUNA AND APPLE SALAD

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| 2 7-ounce cans tuna fish | 1/4 cup chopped nutmeats |
| 1 cup diced apples | 1/2 cup mayonnaise or
salad dressing |

Drain tuna and flake. Combine all ingredients being careful not to break fish into too small pieces. Serve in lettuce cups with a bright-colored garnish. Serves 6.

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